

Fitness & Sports

Sports line

Aerobics: An aqua aerobics class is held on Tuesdays, Wednesdays, and Thursdays from 11 a.m. to noon at the base pool. The instructors are Anthony Milunas and Frankie Cox. For more information, call 963-4007.

HAWC news: A tobacco cessation class begins Tuesday at 1 p.m. The class is a five-week program using the "QuitSmart" Tobacco Cessation Program. Classes are held every two weeks over a five-week period (three classes total). Zyban® and nicotine replacement therapy (21mg, 14mg, and 7 mg patch) will be available for anyone actively enrolled and remaining tobacco free. Contact the Health and Wellness Center at 963-4007 to sign up.

Intramural Standings

Softball

1. 437 AGS 1
2. CS/SVS
3. MXS 1
4. APS
5. 1 CTC
6. 373 TRS/LSS
7. SFS
8. CES
9. Navy Hospital
10. Flyers
11. SUP 1
12. LGT
13. Med Grp
14. 437 AW
15. SUP 2
16. OSS
17. MXS 2
18. 437 AGS 2

Soccer

1. Med Grp/SUP
2. Flyers
3. SFS
4. 437 AGS
5. APS
6. CS
7. CES
8. MXS

Riverdogs tickets: The Outdoor Recreation Center now has \$3 vouchers for Charleston Riverdogs baseball games. For details, call 963-5271.

Swim lessons: The Outdoor Recreation Center has begun registration for summer swimming lessons. The cost is \$25 per child ages 5-11. Lessons are scheduled for Tuesday through June 23, July 4-14, and July 18-28. Call 963-5271.

Exercise physiologist available at HAWC

By Staff Sgt. Michael Duhe
437 AW Public Affairs

Charleston's Health and Wellness Center recently welcomed the newest addition to its staff, exercise physiologist Jason Ham.

Ham has a bachelor's degree in exercise physiology and is a certified health and fitness instructor through the American College of Sports Medicine. He's also a certified lifestyle and weight management consultant with the American Council on Exercise.

Ham will oversee the wing fitness program, as well as provide instructional and educational classes for the base populace. He'll also provide "exercise prescriptions" - placing patrons on appropriate exercise programs, whether they are healthy or in need of a program because of a disease, such as diabetes. Exercise prescriptions may include both cardiopulmonary and strength programs, depending on the need of the individual, Ham said. A physician's referral is necessary for an exercise prescription.

"It's a full, dynamic fitness program, with flexibility, strength and endurance, and cardiopulmonary," he said. "It's for people who have an obesity problem, or people

who have had a two-year lay-off and want to get back in the swing of things. We want to provide them with a safe and worthwhile program."

Although Ham has been on base for only two weeks, he's already met with a number of groups, such as the First Sergeants Association. He'll be available to visit groups upon request to brief them on fitness and exercise issues. Ham said he'll also keep the base population informed on exercise matters with periodic articles in the Airlift Dispatch.

Ham will also teach fitness classes at the Fitness and Sports Center, such as the "Sensible Weigh" weight management program class, all remedial classes for those who fail the Air Force fitness test, and, at the end of the summer, he'll kick off a circuit class.

"I'll take people who can't pass the bicycle test and exercise with them," he explained.

Ham is also planning other special classes, including a



Ham

marathon clinic for those interested in running in a marathon, and exercise for weight loss classes around the holidays, he added. Other classes will focus on metabolism and the dangers of quick fix fad diets.

"Mainly what I want to focus on here is educating the population on fitness with an aggressive approach by getting out there," said Ham, who was previously at Kadena AB, Japan. "I'm not afraid to beat the streets and go from squadron to squadron. With the 18th Wing at Kadena, I had a base population of 7,000 and here it's around 3,700. So, that will make it easier for me to get out there."

"I also want to get folks to exercise smarter, which is why I want to teach classes," he continued. "The circuit training classes have become really big in the Air Force. A lot of exercise physiologists are teaching it themselves, which is the best way because it kind of puts our feet to the fire. It puts us in the position where we have to

stand behind the Air Force fitness test, which all of us do."

Classes will be taught in both the fitness center classroom and the gym, ensuring class members are getting written, oral and practical information, Ham said.

"The main thing we want to reinforce with classes is that we want a lifestyle change," he said.

Ham had advice for those who are exercising outside, now that summer is almost here.

"Most importantly, watch the heat index before you go out to exercise," he said. "Make sure you're wearing appropriate clothing and get your fluids. If you want to exercise outdoors, I would suggest early in the morning or evening. Watch out for those peak hours, when the heat index is through the roof."

Ham is originally from Cedar Rapids, Iowa. He earned his degree through Georgia College and State University.

"I love it here," he said. "It's a beautiful, brand new HAWC, and a much more laid back population. Everyone I've met has been really supportive and friendly."

Ham welcomes anyone who needs fitness advice, or has comments about their fitness program. Call 963-4007 for more information.

Top 3 outscores CGOC, 22-12

By Senior Master Sgt.
James Moody
CAFB Top 3 Association

In a true offensive battle, Charleston AFB's Top 3 Association outscores the Company Grade Officers Council, 22-12.

As promised, the CGOC showed up with refreshments for the competition. Batting orders were made, positions were taken, the first pitch was thrown and the game was on.

The CGOC scored five runs in the first inning. The Top 3 answered back with an equaling five trips around the bases.

The contest started becoming lopsided from there on out. It was thought the ten run rule would have to be invoked, but the CGOC was able to save face and scored

in the top of the fifth inning, cutting their deficit to nine runs. The game continued on through seven innings.

Col. Karl Young pitched for the CGOC, and to every batter he would flash his Cheshire cat smile with the promise of an impending strikeout. Unfortunately, the Top 3 bats would be his disappointment as no kills were recorded in the score books.

This first game of organizational challenges ended with a score of CGOC - 12, Top 3 - 22. Yes, some will not say they got creamed, but the Top 3 may have a difference of opinion.

The Top 3 Association would like to thank the CGOC for their hospitality and the challenge.

The next Top 3-CGOC game is June 29 at 2 p.m. at field number two.



Courtesy photo

STEP!

Chiquet Nicholes leads a "kick challenge" aerobics class at the Fitness and Sports Center.